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POSTED AT 10:25 AM EDT Thursday, Jan. 3, 2002

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Strategic sleeping

By JACK KAPICA

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As though today's businessmen aren't pushed hard enough, a German technology company has figured out a way to minimize sleep to squeeze a few more hours of work out of an already packed day.

The German division of California-based Jetlog Corp. has released the Power Napping Enabler, an "advanced fatigue management" module that attaches to the Handspring Visor handheld computer. It calculates the best times to take a quick nap to refresh oneself for more business.

Jetlog (its motto is "Empowering 24x7 readiness") says it is following research into "reliable napping strategies" done by NASA to help astronauts find "the most beneficial sleep stages, allowing rapid fatigue countermeasure deployments."

The device times the "power naps" to prevent deep sleep and dreaming, thereby avoiding grogginess, disorientation or headaches after napping. A sensor located on the 24x7 PowerNapping Springboard module monitors a person's transitions into critical sleep stages. If it detects a significant drop in correlated muscle tension, which happens when the napper starts diving into deep sleep or begins to dream, it delivers a wake-up call.

The PowerNap displays total nap times and alarm settings on the main screen. The module provides options for wake-up calls via a headset (included) and personal wakeup call recordings over the Visor microphone.

"Managing tight time schedules has always been a core function of the handheld computer, and Jetlog's innovative approach will help busy, on-the-go people combat fatigue and maximize efficiency," said Handspring business development manager Rita Sharma.

Jetlog president Karim Daghouche noted that the PowerNapping Module "went

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Jetcoy president Ramon Dagnibouche noted that the PowerNapping module "went from concept stage to launch in less than four months."

Presumably, the speed with which it was developed was the result of a lot of sleepless nights.

The device sells for \$99 (U.S.) at PalmGear.com.

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